

Athletics Norfolk Open 5000m and 10000m track night results.
28/06/2019, Sportspark, Norwich.

Race 1 – 5000m

Position	Name	Time	Club
1	Alexandra Smith	19:53.5	Wymondham AC
2	Nigel Lambert	20:06.9	Wymondham AC
3	Mark Fowler	20:10.7	Norfolk Gazelles AC
4	Rod Bye	20:13.7	Coltishall Jaguars
5	Kenneth Bowman	20:42.1	Coltishall Jaguars
6	Stephen Dady	20:47.2	Wymondham AC
7	Andrew Wicks	21:10.7	Coltishall Jaguars
8	Martin Truelove	22:03.5	Tri Anglia
9	Paul Woodyatt	22:27.7	City of Norwich AC
10	Dan Cox	22:48.7	Unattached
11	Kathryn Todd	22:58.4	City of Norwich AC
12	Daniel Ryan	23:23.5	Unattached
13	Ben Hathway	23:54.3	Norfolk Gazelles
14	Georgina Sexton	24:06.4	Lonely Goats Running Club
15	Simon Alcock	25:01.1	Bure Valley Harriers
16	Robert Whalen	25:56.4	Norfolk Gazelles
17	Miwako Araki	26:11.9	Unattached

Race 2 – 5000m

Position	Name	Time	Club
1	Mitchell Dann	17:50.9	City of Norwich AC
2	Richard Johnson	17:59.2	Wymondham AC
3	Steven McNicholas	18:09.6	Wymondham AC
4	David Hook	18:23.7	City of Norwich AC
5	Neil Button	19:00.9	Coltishall Jaguars
6	Lee Forder	19:14.9	Norwich Road Runners
7	Emma Risbey	19:36.3	City of Norwich AC
8	Mark Mardell	19:39.0	Norwich Road Runners
9	Yusuke Miyoshi	19:42.1	Unattached
10	Graham Watering	19:45.7	Norwich Road Runners
11	Karl Chapman	19:54.6	Wymondham AC
12	Ross Ashton	19:58.1	City of Norwich AC
13	Amy Balaam	20:39.2	Bure Valley Harriers

Race 3 - 5000m

Position	Name	Time	Club
1	Ryan Davidson	16:02.1	Bure Valley Harriers
2	Tyler Bilyard	16:02.1	Great Yarmouth AC
3	Stanley Collins	16:51.3	Great Yarmouth AC
4	Sam Kenmore	16:53.2	City of Norwich AC
5	Marcus Sladden	16:56.6	City of Norwich AC
6	Nathan Risbey	17:17.5	Tri Anglia
7	Sam Barker	18:02.9	Wymondham AC
8	Faith Viney	18:04.4	Bure Valley Harriers

Race 4 – 10000m race

Position	Name	Time	Club
1	Piers Arnold	31:37.6	City of Norwich AC
2	Samuel Coyne	32:06.2	City of Norwich AC
3	James Senior	32:16.5	City of Norwich AC
4	Stu Huntingdon	33:50.8	City of Norwich AC
5	George Gay	34:18.2	City of Norwich AC
6	Richard Jones	37:18.0	City of Norwich AC
7	Stephen Croft	41:59.6	Unattached
8	Martin Gooderham	42:43.3	Harling AC
9	Craig Adlard	43:34.6	Unattached